

POTATO BREAD AND ROLLS.

Boiled Potatoes Substituted for Part of Flour Makes an Appetizing Product.

Excellent bread can be made by using three pounds of boiled and mashed potato and two and one-fourth pounds of good bread flour, according to the baking specialists of the U. S. department of gave a very desirable loaf, a trifle small has a rich brown crust and tender and wholesome and nutritious. Figured to a elastic crumb. It has an appetizing odor basis of equal moisture content, the and a very agreeable taste, which is preferred by many to that of bread made cent and the flour 75 per cent of the wholly from flour. When made according to the directions given below, potato bread contains more mineral matter, fiber and moisture, but otherwise in composition and nutritive value is practically the same as ordinary bread. Its high- cal survey, department of the interior, er moisture content helps to keep it fresh on phosphate rock in 1915, with an added several days longer than ordinary bread, chapter giving simple tests for phos-In localities where there is a surplus of phate, is now available for distribution. potatoes or where they are very cheap, The phosphate rock marketed in the potato bread costs less to make than United States during the year is stated all-flour bread. This would prove an ex- at 1,835,667 long tons, valued at \$5,413,cellent way in which to utilize cull po- 449. tatoes. Even, however, where the relative market prices of potatoes and flour are such that there is no economy in substituting potato for flour, the individual flavor and keeping quality of potato bread make it desirable as a variant in tribution its annual statement on quick-

generally with potato flour, about 10 is given as 21,033 flasks of 75 pounds parts of this commonly being used with each, valued at \$1,826,912.

90 parts of wheat flour or a mixture of rye and wheat flours. As potato flour and dried potato flakes are not accessible to the American housewife, the specialists conducted a series of successful experiments in using boiled potatoes with

It was found that a mixture of boiled potatoes and wheat flour, in the proportions given in the accompanying recipes, agriculture. The bread so compounded er than that made from all flour, but boiled potato would represent 25 per

#### Phosphate Rock in 1915.

The annual statement of the geologi-

#### Quicksilver in 1915.

The geological survey, department of the interior, now has available for dissilver in 1915. The output of quicksil-Potato bread as known abroad is made ver in the United States during the year



#### THE "PERFECTION" TEMPERS THE WIND

Why allow that cold wind to make the room draughty and chill the house?

A Perfection Smokeless Oil Heater will warm cold rooms in a hurry.

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## GERMANS DENY **BOY-ED STORY**

Ridiculous," Is Comment on the Story from Washington

IT IS SAID U-53 IS STILL HERE

The Providence "Journal" Quoted Letter from Germany

Washington, Oct. 25 .- "Ridiculous" was the only comment Prince Hatzfeldt, counselor of of the German embassy, of fered yesterday on a Providence, R. I. story purporting to relate the details of plans for a German submarine campaign on the United States coast.

The information was said by the Providence Journal to have come from the embassy itself.

Of the statement that United States destroyers played into the U-53's hands in going out to rescue passengers and crews from the torpedoed ships, Acting Secretary of the Navy Roosevelt said:

"The destroyers went out in respons to a wireless call from the West Point, one of the torpedoed ships. They didn't know what had happened to it. They obeyed an 'S. O. S.' call as would any other ship."

Providence, R. I., Oct. 25,-That Capt Boy-Ed, debarred German naval attache of the Washington embassy, despatched the U-53 and two other submarines here to force a ruling on their activities was stated by the Providence Journal yesterday.

Further, that paper stated that the 1-53, the U-46 and U-61 are still in American waters,

In support of its claims, The Journal presented a letter said to have been written by Boy-Ed and containing the ollowing paragraph:

"In order to ascertain where we stand we must therefore force the issue and see to what extent America is willing to carry out her alleged humanitarian ideals by helping us to save the lives of those whose ships we destroy in the coming campaign in the western Atlantic."

After the U-53 docked at Newport strange wireless code messages, sent out from Nauen, undoubtedly conveyed in-structions to her, The Journal declared

The newspaper also printed what purports to be the substance of remarks made by Ambassador Von Bernstorff at a conference after the exploits of the U-53 off Nantucket. The ambassador is repre sented as expressing his satisfaction that the United States navy can be relied on to save life in American waters, thus enabling the German submarines to tor pedo indiscriminately without reference to the claims of humanity.

#### WILSON AND GERARD HAVE A CONFERENCE

Discuss German Matters-First Meeting Since the War Be-

Long Branch, N. J., Oct. 25 .- James W. Gerard, American ambassador to Gerhad luncheon yesterday with President Wilson at Shadow Lawn and the two spent most of the afternoon in conference. It was the first meeting between the president and his envoy to the kaiser's country since the war be-

Before yesterday's conference Mr. Gerard said he bore no official communication from Germany to the president, either on the submarine or peace questions, but he said he expected to have a full discussion of both topics before the end of the conference.

The ambassador said it was uncertain when he would return to his post in Berlin. He will not go before election, e said, and after that much depends on and face. the sailing of ships, as he must take a vessel that does not touch England. It would be bad form for Gerard to sail on vessel touching the shores of one of Germany's enemies.

The ambassador said he would take no part in the election campaign.

CAUGHT IN ENDLESS CHAIN.

to Help Him.

Minneepolis, Oct. 25,-Postmaster Purdy of Minneapolis wishes he could devise some means of stemming the flow of letters, each containing a dime, which is pouring into his office. Thousands of letters with the dime enclosed have been find employment for the hundreds of unireceived here from women in all parts of the country who have joined in an "endthe country who have joined in an "end-less chain" scheme which they believe will bring them a "new 1917 model pet-tleoat." Twenty-five thousand letters ticoat." Twenty-five thousand letters versity make their board and room by were received Monday.

The scheme was promoted by the Na-tional Brokerage Exchange until federal agents got on their trail. A room in a local street to which all the letters are addressed was vacated som, three weeks ago. Many of the letters have been returned to the writers, but a large majority carry no return marks. As a re-. It the dead letter office is becoming clogged. The National Brokerage Exchange promised to send a petticoat to every woman who would send 10 cents in silver and write five friends urging them to join in the "chain."

EVEN MONEY NOW

Democratic Cash Is More Abundant in Wall Street.

New York, Oct. 25.- Even money is ow being wagered in Wall street that Wilson will continue in the White House for another term. The best that Wilson backers were willing to do Monday was to put up \$9 for every \$10 of Hughes money, and less than a week ago Hughes was a 10 to 8 favorite. At one time Hughes was a 2 to I choice.

The largest wager reported yesterday was one of \$5,000 at even money. Curb betting commissioners report that there is an abundance of money offered on both Hughes and Wilson, although yesterday Wilson money seemed to be in the preponderance. Indications are that he will be the favorite in a few



# Ideal heat makes lasting friends

How delightful to find that your friend's suburban home is Ideally heated so that you need not hesitate to take the children there and let

them romp and play all over the house without fear of drafts, chill, or dampness.

IDEAL-AMERICAN Heating outfits are not confined to city homes. There are local dealers everywhere, in hamlet, village, town or city, and with their much improved auto delivery service, they are able to serve the country or

suburban customer just as promptly as the city dweller.



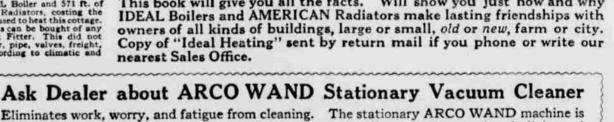
Easy to get Ideal Heating

IDEAL-AMERICAN Heating outfits are also ready in heavy stocks of all sizes and styles in our many warehouses, located at convenient shipping points throughout the United States. There is no excuse whatever for any man finding it difficult to obtain IDEAL Boilers and AMERICAN Radiators. Easy to put in Old or New Buildings-no tearing up necessary.

Do not hesitate therefore, in getting your contract signed up early and the work started while the prices are so attractive and the dealer is able to put his most skilled workmen on your job.

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This book will give you all the facts. Will show you just how and why A No. 5-25-W IDEAL Boiler and 571 ft. of 38-in. AMERICAN Radiators, costing the owner \$295 were used to heat this cottage. At this price the goods can be bought of any reputable, competent Fitter. This did not include cost of labor, pipe, valves, freight, etc., which vary according to climatic and other conditions. IDEAL Boilers and AMERICAN Radiators make lasting friendships with owners of all kinds of buildings, large or small, old or new, farm or city. Copy of "Ideal Heating" sent by return mail if you phone or write our nearest Sales Office.



IDEAL Boilers have large fuel pots in which the air and coal gases thoroughly mir as in a modern gas or oil mantle or burner, thus extracting every bit of the heat from the fuel. Basier to run than a stove.

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the only practical one for long service and thorough work. Turns on like an electric light and

costs about a penny a day for current. In sizes at \$150 up. Ask for catalog (free).

#### Topics of the Home and Household.

A mixture of one third glycerine and two-thirds rosews or agrees with most ings which must be mended each week, fourth of a cup of sugar, one-half a teaskins and is excellent for chapped hands

Lime water aplied to chilblains several times a day is said to be quite soothing.

For dandruff, rub well into the scalp year. the yolk of an egg. This combines with the grease of the scalp so that, after washing the hair well with Castile soap and warm water, the scalp is thoroughly cleansed. Follow this by rinsing with Minneapolis Postmaster Wants Someone | cool water, and dry with soft, warm towels, rubbing the scalp briskly to stimu- kin pies seem to be particularly desirable late the circulation. in the fall, partly perhaps from the pre-

#### Students as Houseworkers.

Alumnæ of the University of Washington have organized a committee to help and pumpkin pies should be made with pastry strips. versity girls who must earn part of their doing housework. Others serve dinners by to stew out. For all of the vegetable and work in the kitchen. Quite a large

WORRY IS A DISEASE

to worry whether they have anything to worry about or not is neurasthenia. Neurasthenia is entirely distinct from

hysteria although the patient may have both diseases at the same time.

Neurasthenia often results from some

nervous shock, such as the loss of a

near relative, business reverses, or some severe overstrain on the nervous sys-

ing that the blood is thin, and the first thing to do is to build up the blood be-

cause anything that builds up the gen eral health helps to correct the neu-rasthenic condition. Rest and a good

tonic is the very best treatment in most

Dr. Williams' Pink Pills are an ideal

tonic for this condition because they are non-alcholic and neurasthenic pati-

ents should avoid alcoholic stimulant.

little book on nervous disorders that contains a chapter on neurasthenia, in

which the symptoms are fully described

and the correct treatment given. The

Dr. Williams' Pink Pills are sold by

your own druggist or will be sent by mail, postpaid, on receipt of price, 50

cents per box, six boxes for \$2.50.

booklet is free on request,

Schenectady, N. Y., has published

The Dr. Williams Medicine Company,

The patient is usually pale, show

The disorder which causes its victims

one crust as one would make a custard pie. If a strip of cotton cloth cut an inch fruit pies in which the liquid seems likeand fruit pies the new glass pie plates

. . .

Autumn Pies,

vent of cooler weather they come once

more into their own. Squash and pump-

eminence which they receive at Hallow-

een. At any rate they make exceedingly

economical and tasty pies to serve occa-

During the summer months pies nat-

A woman never looks better than her Hair



Thousands of woman owe their youthful appearance to NEWBRO'S HERPICIDE. No matter what may he her age, a woman with a nice head of hair, hair that is soft, glossy and fluffy, always looks younger than she is. HERPICIDE makes the hair beau-

tiful with that sheen and shimmer which is so attractive and always indicates a healthy, natural growth. It keeps the scalp free from dand-ruff and the hair from falling out. There are remedies said to be "just as good," but HERPICIDE is "the genuine original dandruff germ

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and applications

number obtain employment as nurse are especially desirable. When these are Silver, Gold, Copper, Lead and Zinc in girls or companions to old people. A used the pie may be served in the baking few work in stores or offices or supple- dish without the sometimes disastrous ment their incomes by odd jobs of type- operation of changing from the baking to writing or stenography. Girls taking the serving dish. In addition to this adwork in home economies are the ones vantage the glass dishes are easier to who find it easiest to make their way, keep clean and wear as well as the custable for distribution for 1915. Those in sewing have little trouble in tomary tinware. finding employment in homes in the city. Squash Pie—One and one-fourth cups Many mothers dread the pile of stock- of steamed and strained squash, one-

and the never ending supply of little spoon of salt, one-fourth a teaspoon dresses demanded by the growing young- cinnamon, ginger or nutmeg, or one-half sters. Other girls in this department, a teaspoon of lemon extract and a little usually those studying foods and cook milk. Mix the sugar, salt, and spice or always an advanced student ready to beaten and the milk.

plan menus for a week, a month or a one-half cups of stewed and strained Vinol-and with splendid results. urally decline in favor, but with the adhalf teaspoon each of salt and ginger and New York City.

Citron Pie-For filling for citron pi mix two cups of seeded raisins, chopped, two cups of citron chopped, one and one half cups of sugar, grated rind of one lemon, four tablespoons of lemon juice and one-eighth teaspoon of salt.

Cocoanut Pic-Line a pie plate with plain paste and fill with a mixture composed of two cups of milk, three egg yolks, one-half a cup of sugar, two-table spoons of cornstarch, one cup of grated canut, one-fourth teaspoon of salt grated rind and juice of one lemon and one tablespoon of butter.

Plain Apple Pie-Fill two crusts with apples sliced thin, using enough to make the pie at least an inch thick when done Add a little water to the apples and cov er with a top crust which is a little richer than the under one. This is done by folding bits of butter into the top crust in rolling it out. When the pie i baked and while it is still bot, lift of the top crust and add sugar, nutmeg and a little butter. Replace the crust and dust it with a little powdered sugar. Apple pies seasoned in this way are better than when the seasoning is added before baking. Serve hot with cheese.

Lemon Pie-Mix a rather rich pastry and for a filling mix three tablespoor of cornstarch with one cup of sugar add one cup of boiling water and boil fiv minutes. Add two tablespoons of but ter, the grated rind of half and the jule of one lemon, and one well beaten egg Turn onto the crust and bake until the crust is done. Cool and cover with a meringue made with the whites of Iwo eggs, two tablespoons of powdered sugar and one teaspoon of lemon juice. the meringue on lightly and color a delicate brown. If preferred, cover with the Deruthy Dexter.

California and Oregon, 1915. The annual statement on gold, silver, pepper, lead, and zinc in California and Oregon, issued by the geological survey, department of the interior, is now avail-

#### MOTHER TELLS HOW VINOL Made Her Delicate Boy Strong

in a very weak, delicate condition as a ing, cater for teas and receptions. There extract, add the squash, the egg, slightly result of gastritis and the measles, and there seemed no hope of saving his life, Pumpkin Pie-Line a pieplate with a The doctor prescribed cod liver oil but plain pie paste. For filling mix one and he could not take it. I decided to try pumpkin, one and one-half cups of milk, seemed to agree with him so that now one egg, three-fourths of a cup of brown he is a strong, healthy boy."—Mrs. ugar, one tablespoon of butter and a Thomas Fitzgerald, 1000 Park avenue,

We guarantee Vinol, which contains me teaspoon of cinnamon. We guarantee Vinol, which contains Cranberry Pie—Use a plain paste and beef and cod liver peptones, iron and all with two cups of cranberries, one manganese peptonates, and glycero-phosand one-half cups of sugar, one-quarter phates, for run-down conditions, chronic of a cup of water and one tablespoon of coughs, colds and bronchitis. Red Cross butter. Cranberry pie may be covered Pharmacy, Floyd G. Russell, Prop., Barre, sionally during the colder season. Squash with an upper crust or with a lattice of also at the leading drug store in all Vermont towns .- Adv.

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Because of Eczemas, Rashes, Chappings, Etc.? If So

#### **CUTICURA SOAP AND CUTICURA OINTMENT**

Will afford instant relief and quickly heal even when all else has failed. On



retiring bathe the hands freely with Cuticura Soap andhotwater. Dry, and rub

Wipe off surplus Ointment with soft tissue paper or leave it on and wear old gloves or soft bandage during night.

Cuticura Ointment gently into

the skin for a few minutes.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cutieurs, Pest. 14, Ecc.